

## Bodybuilding SA - Anti-Doping Education Plan 2021

### Broad AIM of the SAIDS Education Plan:

In compliance with the International Standard for Education 2021<sup>1</sup>, education to the following target groups are **mandatory\*** &/or high-priority:

1. **\*Athletes** (junior to senior levels) that are long-, short-listed, final Team to **represent South Africa at any Continental\* or International event\*** (including Qualifier\* events) > need to be educated PRIOR to participation in the event
  - a. To ensure timeous implementation/completion of education activities, the mandatory pool will be widened to include the pool of athletes who may become eligible for inclusion in the Team – such as Provincial- and National-level athletes/teams > long-lists / short-lists of athletes.
  - b. Your International Federation may also have specific target pools, events and anti-doping education activities that they require NFs to implement and which needs to be considered in the education plan.
2. **\*Athletes returning from a SANCTION** (education is mandatory at least 1-6 months *before* return to the sport).
3. **\*Athletes in SAIDS Registered Testing Pool (RTP) or National Testing Pool (NTP).**
4. **\*Athlete Support Personnel (ASP) involved with 1 – 3 above.**
5. Any target groups identified by SAIDS as high-risk / high-priority and specified in the Education Plan.
  - a. Education activities to be extended to cover athletes and ASP along the athlete development pathway e.g. schools, junior teams / talented athletes, club, university, provincial and national-levels.
  - b. Athletes Support Personnel and relevant Stakeholders.

### Education Activities on offer:

1. *e-Learning: WADA Anti-Doping Education & Learning (ADEL) platform – complete the relevant course(s) applicable to level or athlete or ASP (Certificate of completion)*
2. *Attend a SAIDS Education Session - Online webinar or in-person workshop# (name documented attendance register)*
3. *Event-based education (Outreach#) at prominent events. #COVID permitting*
4. *Promotion / use of SAIDS website as a readily-available, credible source of information and resources.*
5. *Follow SAIDS social media platforms – exposure to ongoing anti-doping news, updates, awareness and education campaigns*

***The NF-specific Education Activity Plan (target audiences / groups, activities, and timing) need to be planned in collaboration with SAIDS and as early in the year as possible amanda@sais.org.za.***

<sup>1</sup> International Standard for Education (ISE) 2021: [file:///Users/amanda/Downloads/International-Standard-Education-ISE-2021%20\(1\).pdf](file:///Users/amanda/Downloads/International-Standard-Education-ISE-2021%20(1).pdf)

## BB SA Education Activity Plan:

Priority Target Group	Wider Target Pool	Education Activity	By when	Actions
<b>National- and International-level Athletes and ASP –</b>				
<p>A. SA National Champs Athletes</p> <p>B. 5 World Teams</p> <ol style="list-style-type: none"> <li>1. Juniors (U/23yrs)</li> <li>2. Senior Men</li> <li>3. Senior Ladies</li> <li>4. Masters</li> <li>5. Fit Model</li> </ol> <p>- All team members on final list need to have completed their education prior to start of International Tournaments.</p>	<p>Athletes participating in Regional and Provincial selection shows = 'National long-list' (eligible athletes, on long- and short-lists)</p>	<p><b>1: e-Learning – mandatory</b></p> <p>Complete a WADA Anti-Doping Education &amp; Learning Programme -</p> <ol style="list-style-type: none"> <li>a. Access via <a href="https://adel.wada-ama.org/learn">https://adel.wada-ama.org/learn</a> or via SAIDS website home page <a href="http://www.drugfreesport.org.za">www.drugfreesport.org.za</a></li> <li>b. Register on the ADEL platform – select SOUTH AFRICA as country of origin</li> <li>c. Athletes to complete the following Programme:                             <ul style="list-style-type: none"> <li>o <a href="#">ADEL for International-level athletes</a></li> </ul> </li> <li>d. Submit certificate of completion to SAIDS.</li> </ol>	By Sept each year	<ul style="list-style-type: none"> <li>- BBSA to notify SAIDS of their calendar with prominent events annually &gt; Provincial, National, International, and Qualifier events; Training Camps etc.; Any other target groups they deem as high-priority.</li> <li>- BBSA to communicate the requirement to their Athletes and Athletes Support Personnel (ASP) (in Target Group(s)).                             <ul style="list-style-type: none"> <li>o Pro-actively, timeously and in collaboration with SAIDS identify and schedule anti-doping education activities during the annual calendar.                                     <ul style="list-style-type: none"> <li>▪ <i>NOTE: the Workshop / Webinar could be done as one session for all to attend or done separately per target group.</i></li> </ul> </li> <li>o BBSA to assist with providing the following documentation to SAIDS:                                     <ol style="list-style-type: none"> <li>1. Team Lists for International events;</li> <li>2. e-Learning certificates;</li> <li>3. Attendance Registers.</li> </ol> </li> </ul> </li> </ul>
		<p><b>2: Face-to-Face* Session or Online webinar - mandatory</b></p> <p>- Conducted by a SAIDS Educator</p> <ol style="list-style-type: none"> <li>a. Names/Signatures on Attendance Register provided to SAIDS as proof of completion of an anti-doping education activity.</li> <li>b. Valid for a 12-month period.</li> </ol>	By Sept each year	
*Athletes returning from SANCTION		<p>Option 1 – e-Learning OR</p> <p>Option 2 – Attend SAIDS EDU session</p>	Ad hoc	SAIDS will communicate and setup the requirement with sanctioned athletes.

Priority Target Group	Wider Target Pool	Education Activity	By when	Actions
New Athletes / Novice events		<b>1: e-Learning – mandatory</b> - Athletes to complete the following e-Learning Programme: <ul style="list-style-type: none"> <li>▪ <i>ADEL for Talented Athletes (Juniors) OR</i></li> <li>▪ <i>ADEL for National-level athletes (Senior / Masters athletes)</i></li> </ul>	By Sept each year	- BBSA will make it a mandatory requirement for new /novice athletes to complete the anti-doping e-learning upon joining BBSA.
		<b>2: SAIDS Face-to-Face* Session or Online webinar - mandatory</b> - Names/Signatures on Attendance Register kept on record. - Valid for a 12-month period.	By Sept each year	- <i>Exact date of session to be arranged with SAIDS – these athletes could join the same webinar / workshop as per National-level athletes</i>
Judges	New and 'existing'	<b>1: e-Learning – mandatory</b> a. Judges to complete the following e-Learning Programme: <ul style="list-style-type: none"> <li>• <i>ADEL for High-Performance Coaches</i></li> </ul>	By Sept each year*	- *ADEL for High-performance Coaches certificate will be valid for a 2 year (24 month) period.
		<b>2: SAIDS Face-to-Face Session or Online webinar - mandatory</b> a. Names/Signatures on Attendance Register kept on record. b. Valid for a 12-month period.	By Sept each year	- The idea is to attend a SAIDS Education Session on an annual basis (and do the ADEL e-learning every 2 years) - <i>Exact date of session to be arranged with SAIDS</i>
<b>Athletes Support Personnel (ASP) – Other</b>				
Coaches, Medical personnel	Other? Parents	<b>1: e-Learning – mandatory</b> Any of the relevant WADA ADEL courses: <ul style="list-style-type: none"> <li>- <i>ADEL for High-Performance Coaches</i></li> <li>- <i>ADEL for Medical Professionals or</i></li> </ul>	By Dec of each year*	- *The ADEL Education Programme certificate will be valid for a 2 year (24 month) period.

	- ADEL for <i>Parents Course</i>		
	<b>2: SAIDS Face-to-Face Session or Webinar – mandatory</b> a. Names/Signatures on Attendance Register kept on record. b. Valid for a 12-month period.	<i>By Dec each year</i>	- could join one ‘main’ education session (webinar / workshop) with any of the other groups as per above. - <i>Exact date of session to be arranged with SAIDS</i>

*Additional notes:*

*Once our athletes affiliate online, they will receive an email, confirming their affiliation pending completion of a mandatory Anti-Doping Education e-Learning Programme (ADEL) - to be completed every 24 months – combined with attending a mandatory SAIDS face-to-face education session / webinar every year.*

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*In collaboration and agreement with:  
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